



# The Human Touch

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TOGETHER WE MAKE A DIFFERENCE

## Volunteers: People Helping People

**(Editor's Note: We're starting a new series of stories in the Human Touch this month highlighting the efforts of DHS employees who volunteer in the community. We're beginning with Carol Huffman and others who volunteer at St. Vincent's every fourth Monday. Won't you consider joining us in this effort or another of your choosing?)**

**By Lauri McCreary, Administrative Support**

"My job helps to meet my physical needs," said 30-year Human Services employee Carol Huffman who also is known for the many hours she spends as a volunteer. "But my volunteer activities help to keep my soul and spirit healthy."

Huffman, who believes she became more balanced and unselfish because of volunteering, urges all DHS employees to get involved in the community.

Carol's influence even wrapped itself around me as I helped her serve lunch at St. Vincent's January 13th. It was my first experience, but it will not be my last. I will be there every fourth Monday helping any way I can.

Carol and I aren't the only Human Services employees involved. Ron Jackson from Youth Corrections helps out as do retirees Don Enniss and Wendell Memmott.

Huffman, who works in the Office of Fiscal Operations, has been a community volunteer for many years. She spends several lunch hours and evenings each month with a variety of community-based human service organizations.

Huffman's volunteer activities began in high school where she organized a number of fellow students to teach a group of disabled children to



**Long-time volunteer Carol Huffman and Ron Jackson serve lunch at St. Vincent's**

swim. She has been volunteering ever since. Carol met her first husband, Rick, while serving in VISTA (Volunteers In Service To America) in Arkansas.

Current volunteer activities include:

- Board member Utahns Against Hunger since 1997
- Dinner delivery for the Utah Aids Foundation since 1991
- Serving lunch at St. Vincent's for at least 15 years
- Ten Thousand Villages
- Food delivery for Catholic Community Services
- DHS Meals-on-Wheels food delivery

Huffman doesn't believe it is special or unique to help others and admits to having a strong desire to be involved in worthy causes. She feels blessed and humbled to have known the recipients and their circumstances.

Huffman has known many other volunteers over the years, has watched each one sacrifice their time and seen many sacrifice their money too.

Carol's influence extended the volunteer commitments to her husband, John, and her daughter.

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# Amy Chenoweth Always Cares, Helps Others

By Stephen Gacioch, Youth Corrections

OGDEN - As we move into Spring and look forward to all the wonderful opportunities it may provide us, we should take a moment to reflect on the past year and wonder how many opportunities we missed to help others. We should ask ourselves a very simple, but personal question: did I give to others, did I help those in need, and did I even care?

"I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now," Mahatma Gandhi once said. "Let me not defer or neglect it, for I shall not pass this way again." As youth counselors and social service workers we have a greater responsibility than most people to improve the human condition and make things better for the families and children we serve. But it is not a common thing that we do everyday. We are generally self-centered, especially in this modern, fast-paced life. It is only when we stop for a moment and give our time to others that we realize the true meaning of social service.

Fortunately, for our community, Youth Corrections has at least one person who takes the time every year to stop for a moment and give to others. Her name is Amy Chenoweth. Amy is a senior counselor at Ogden's Archway Youth Service Center.

Every year for the past decade Amy has taken precious time around the holidays to help those in need by sponsoring Sub-for-Santa families. Amy takes on the awesome responsibility of providing three-to-seven needy families with food, clothing and toys for Christmas. It is such a tremendous amount of work that many of us would neither have the time nor inclination to pursue it. Yet, Amy has proven again and again that one person can make a difference and that the ability to care is the only qualification needed to help others.

As in past years, Amy's caring led her to get involved again last Christmas with helping others. The division suffered a terrible loss in July when a drunk driver killed John Medina and his wife Vickie

in an automobile accident. John was a substance abuse counselor working for the Division of Youth Corrections at Project Paramount in Ogden. The Medina's were devoted parents, and family was the most important thing to them. Both loved to volunteer in their church, in the community and in their children's school.



Fortunately, John and Vickie's children - Alex age 7 and Dezerai age 5 - survived the horrific accident and were taken in by loving family members. When Amy learned of the accident, her heart went out directly to the young children. She organized a fund-raiser in the form of a Potato Bar with all the "fixins" at Archway. The idea was to bake and sell hundreds of potatoes, a beverage and dessert for \$5 each. Amy also solicited local businesses and received a substantial amount of merchandise to auction at the fund-raiser. As if that wasn't enough, she also spent hundreds of hours creating wonderful and unique homemade Christmas cards to sell.

As I reflect on last year, I recall that Friday, Nov. 15 was a great day at Archway. Amy was well prepared. We started serving potatoes at 12:30 p.m. and did not stop for well over three hours. People came in droves from every sector of the social service community to help John's children. Guests included DYC, Weber Human Services, the Division of Child and Family Services, private providers and child protective services staff as well as Alex and Dezerai. Amy raised more than \$1,000.

The selfless work and countless hours given so generously by Amy Chenoweth for the sake of John and Vickie's children is very much appreciated and should not soon be forgotten by anyone. As Amy takes time, as we all should, to reflect on the past, and answer the question: did I give to others, did I help those in need, did I even care? The answer will be a resounding and humble Yes!

Thank you, Amy.

## Orin Voorheis' Dreams Come True on Wedding Day

**(Editor's Note: Orin's belief that despite his disability his dreams would come true was very evident when he was interviewed last fall. His dream did come true Dec. 26 when he married Chartina**

**Jarrett. She is a teacher and his former**

**neighbor. The couple met five years ago when Chartina served as his direct support staff. They live in the basement apartment of his parents home.)**



**Orin Voorheis with bride Chartina Jarrett and relaxing with his poodle Rusty in his wheelchair**



### **By Steve Wrigley, Disability Services**

Orin Voorheis, 25, lives with his parents Wayne and Florence Voorheis in Pleasant Grove. After high school he built cabinets and log homes to earn money for his church mission. Voorheis dreamed of going to college, getting married, owning a home and eventually having children.

Voorheis went on a Church of Jesus Christ of Latter Day Saints Mission to Buenos Aires, Argentina at 19. Nine months later, while walking through a middle-class neighborhood 20 miles south of Buenos Aires, three men held Voorheis and his companion at knifepoint, demanding they empty their pockets. The small amount of money the missionaries had angered the robbers. They told them it was not enough. One of the men pulled a gun that went off while he yanked at Voorheis' backpack. A hollow-point bullet struck him behind the ear and stopped in his brain.

Voorheis, in a coma, was transported to a local hospital and later to Buenos Aires. Medical staff gave him a 20 percent chance of living. Doctors told the family he should have died within 36 hours of being shot.

Voorheis was in a coma when he came home. His struggle to live included three bouts with pneumonia. He can't speak and lost functional use of his arms and legs. He gradually began to regain consciousness and opened his eyes. His road to recovery was, and continues to be, very slow. After stays at the University of Utah Hospital, Utah Valley Regional Medical Center and a Provo care center, Voorheis returned home nearly two years after his mission started.

Voorheis understands what you say. While he can't speak, he communicates through his eyes and with simple words expressed via sign language. Using sign language is extremely difficult due to contractions and spasms in his arms and hands.

Voorheis spent the last four years working diligently on learning to communicate and trying to strengthen and improve bodily control. Although he doesn't speak, he succeeds in getting his opinions across to family, friends and workers.

Voorheis received a lot of support from his family and friends. People worldwide were inspired by Voorheis who displays no bitterness and has delighted everyone with his latest achievement of learning to smile.

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## Orin Voorheis...

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Voorheis is determined to control his life. He has a great sense of humor, a strong independent streak and, above all else, he knows what he wants. He will decide what his new life will be like. At his annual planning meeting last March, he decided to attend Brigham Young University. Support staff helped him take a religion course. Voorheis also finds great joy in attending church weekly.

Returning home became reality through a combination of help from his family, the community and the Division of Services for People with Disabilities. Mrs. Voorheis helps her son at least 12 hours daily. She runs him through a battery of sensory and motor workouts with the aid of volunteers. Orin's father, 14-year-old brother Tyler, sister Jacynthia and neighbor Chartina take turns helping him remain at home. The family has about eight to 10 volunteers working four hours each month.

A van also was donated to help Voorheis get around. Community residents and local businesses helped build a 576-square-foot addition to the Voorheis home with a bedroom, therapy tub, bathroom and therapy/exercise room.

Voorheis still struggles to control his body, not being able to do the things that he wants to do. His future remains uncertain.

Some people might consider his goals simple. He works on learning to roll over again, improving his fine and gross motor skills, drinking liquids from a squeeze bottle, communicating better, hanging out with the guys and taking a road trip to New York. Little things have taken on more meaning. Voorheis enjoys painting, traveling and movies. Eating is his favorite activity. Voorheis' poodle, Rusty, is a great companion whose favorite snoozing place is his master's lap.

Voorheis' dreams are similar to those of others his age. He wants to become independent, buy his own home, finish college, make a name for himself, get married and have a family.

Mrs. Voorheis hopes her son will "live as complete and full a life as he sees fit and desires."

A typical day starts at 6 a.m. with breakfast, a bath, getting dressed, physical exercise and listening to tapes. Therapy starts at 10:30 a.m., lunch is at noon, range of motion exercises begin at 3 p.m. Voorheis takes an afternoon nap and has dinner about 5 p.m. He typically goes to bed by 7 p.m.



**Orin Voorheis with Nancy Wright, his support coordinator from the Division of Services for People With Disabilities**

Voorheis' family life revolves around helping their son. They also have help from Stormie Sabin, who also has disabilities. Sabin, formerly on the waiting list for services, was hired to clean floors, vacuum and do laundry.

Despite the many hours required to keep Orin at home, Mrs. Voorheis still makes time to serve as Western Region Family Support Council chair. She is there to assist other families in their struggles to keep their children home.

Voorheis' life is different than he or his family imagined. Yet, both Voorheis and his family are optimistic his dreams will come true. Meanwhile, Voorheis and his family take life's challenges one day at a time.

## Volunteers...

Continued from page 1

ters, Monique and Chelise. The girls started early as Carol took them to meetings with her when she could not get a baby-sitter. Both are young adults now and they continue to volunteer. Monique works with United Cerebral Palsy, and Chelise helps take a group of disabled individuals on social outings every Friday.

If you're interested in helping at St. Vincent's, where every fourth Monday is Human Services Day, contact Huffman at (801) 538-4143.

**Karen Clarke...**

## **New Administrator Plans Continuum of Services**



**Developmental Center Administrator Karen Clarke seeks to enhance services**

**By Steve Wrigley, Disability Services**

AMERICAN FORK - Karen Clarke wants to develop the best possible life experiences for residents at Utah Developmental Center. Clarke's challenge as the new administrator is to make that happen by finding and working closely with everyone who works with people with disabilities.

Vying public factions in the field of developmental disabilities have argued for years about which services are "bad" or "good" or "right" or "wrong."

"We need to recognize the value of offering services to people as a continuum of options and choices," Clarke said. "The Developmental Center's mission is to serve as a state-wide resource for all people with disabilities to access.

"The Developmental Center will continue to work towards enhancing the quality of services we already offer as well as the reputation we hold for competency," Clarke added. "It is vital that the people who have chosen to live here be offered the

opportunity to determine what kind of lifestyle choices are important to them."

The center plans to offer supports to help people achieve their goals in the most dignified manner possible.

Clarke has a well-trained and knowledgeable staff with diverse expertise. Over her more than 25 years there, Clarke has seen many changes. The center has gone from a strictly medical-model of service philosophy to a person-centered supports-based model.

Clarke, formerly assistant superintendent, has worked in various positions at the center. She has a master's degree in school psychology and vocational rehabilitation counseling from Columbia University, NY.

Robert "Bob" Hunt, formerly a DHS Human Resources and Training Manager, was appointed assistant superintendent. Hunt has worked for DHS since 1978 in various positions at the state office and Developmental Center. He has more than 17 years of experience in developmental disabilities and 14 years in human resources both in the community and government sectors. Hunt has a MBA degree from Washington State University in management.

### **Health Tips**

When you can't find time to exercise, just move your body more often.

Cut out foods with high fat content.

Cigarettes are hazardous to your health.

Reduce stress.

Try and spend time with people who are relaxed and friendly.

Avoid pollution.

Use seatbelts.

Reduce alcohol intake.

Take a positive approach to life.

—Adapted from [health-fitness-tips.com](http://health-fitness-tips.com)

# DHS Making Progress Toward Meeting Its Goals

## By Kelly Colopy, DHS

Human Services identified new goals last year that it wants to achieve in serving people. Known as outcomes, they include:

- Children, adults and families are safe from further abuse
- Children, adults and families live in safe, supportive communities
- Children and adult consumers have stable living arrangements that provide long-term nurturing relationships
- Consumer independence/self-sufficiency is maximized
- Consumer quality of life improves
- DHS maintains public trust
- DHS delivers quality services

Data in the annual Outcomes Report determines if we're making progress. All DHS agencies provide input on data used for decision-making and for determining if their agencies are effective. The latest Outcomes Report is located at <http://www.dhs.utah.gov/outcome.htm>.

- Overall, DHS aims to help citizens strengthen their capabilities and independence. We continue to make progress. Highlights last year included:
  - 74 percent of individuals receiving substance abuse treatment did not use substances in the 30 days prior to discharge
  - 83 percent of people receiving treatment in community mental health centers either maintained or improved their general well-being
  - 93 percent of people with disabilities receiving supports had quality outcomes
  - Families receiving child support increased from 77-to-79 percent in the past year. Total child support paid to parents reached \$117 million; a 48 percent increase over the past five years
  - 92 percent of Division of Child and Family Services cases reviewed for the qualitative case review received passing scores for client/family status, up from 85 percent last year
  - 89 percent of children in DCFS custody do not re-enter custody within one year

- 78 percent of children adopted from foster care are adopted within 24 months, well above the 32 percent national standard
- Almost 5,100 domestic violence victims were sheltered last year
- 52 percent of delinquent youth served in the Division of Youth Corrections had no new charges for 12 months after entering service. 72 percent had fewer offenses
- A majority of clients surveyed by the Divisions of Substance Abuse and Mental Health, Services for People with Disabilities and Aging and Adult Services were satisfied with services
- 79 percent of DHS employees were satisfied with their jobs
- Complaints to the Office of Child Protection Ombudsman regarding DCFS services dropped from 670 to 578 in the past year, a 14 percent decrease
- Delinquent youth paid 83 percent of victim restitution monies, up from 74 percent, and completed 79 percent of community service hours
- 96 percent of children served by the Office of Recovery Services had their paternity established.

## Decker Lake Site Cleaned Up

For years a large quantity of old asphalt, cement pieces, broken culverts and other debris sat between I-215 and Decker Lake Youth Facility. It has been an eyesore and environmental problem. Decker Lake is a wetlands and park as well as housing the youth center. Many different species of birds frequent the lake. This material needed to be removed and the land restored.

Utah Department of Transportation provided a work crew and equipment to remove the material following a request from Utah Department of Human Services.

The project was a wonderful example of cooperation and support. DHS was grateful for the assistance in resolving this long-standing problem. The environmental integrity of the area is much improved.

# Many State Employees Are Caregivers Too

By Sonnie Yudell, Aging

Nearly half of state employees responding to a survey last fall said they provide caregiving services to an older family member or friend and could use some help.

Mary Jane Ciccarello, Division of Aging and Adult Services legal services developer, is one of them.



"I help my 85-year-old mother who lives independently but is primarily in need of help with her medical care," Ciccarello said. "She has many appointments and I need to not only arrange the appointments but get her there, talk with her health care providers about her situation and help her with the information they provide. I'm very involved in her medical care plan."

Ciccarello also tries to assure her mother has something to do each day to break up her day.

"It affects me and how I schedule my time," she said. "I try to take her out of her apartment and do something with her on each of the weekend days as well. I'm lucky because my position allows me to be flexible in scheduling work hours in order to be able to take her to appointments as necessary."

We received 1,500 responses from state employees that indicate:

- 63 percent estimate they will provide caregiving for 5-to-10 years
- 13 percent provide direct financial support
- 57 percent perform regular household chores
- 64 percent provide companionship by personal visits or telephone

- 59 percent respond to emergencies that arise
- 35 percent said caregiving responsibilities sometimes interfere with work
- 50 percent said they sometimes miss work to provide care

Medical advances now allow people to live longer, frequently with chronic illnesses and limits on their ability to take care of themselves. Older people who can remain in their homes or communities choose to do so with the help of their families or friends. Many working people are being called upon to provide care for an elderly relative or friend.

Caregiving is stressful and can impact every aspect of one's life. The Medicare Rights Center's 2002 Caregiver Survey indicates that 52 percent of caregivers reported they sacrificed their own health while caring for their relative or friend, and 55 percent made work-related sacrifices because of their caregiving duties. National studies tell us that:

- Nearly two-thirds of all family caregivers work
- Working caregivers benefit from receiving assistance at work, especially on how to navigate the maze of available services
- Many employed caregivers are concerned about being able to fulfill their responsibilities at work while providing assistance to an elderly or disabled friend or relative
- Being a caregiver can result in lost work productivity and increased absenteeism

Survey information received from state employees will help us to better understand the depth of the need here and what services might be most helpful to caregivers.



# Slate Canyon Youth Camp, Cook, Earn Badges

By Ron Mervis  
Youth Corrections

Unique sights, sounds, smells and tastes were experienced by youth at Slate Canyon Youth Center in Provo who participated in an on-site fall campout. It was a beautiful evening and the secure-care youth gathered to earn scouting merit badges and enjoy the activities. They helped set up camp, prepared and cooked the food and maintained the campfire throughout the evening. The



**BYU Living Legends perform at Slate Canyon's campout**

next morning they helped clean up and take down the camp.

The "BYU Living Legends" group, who performed Native American dances at the Olympics, performed. Youth competed in a Dutch oven cooking contest, participated in a ceremonial retiring of an American Flag, received their merit badges and helped prepare a facility-wide Dutch oven breakfast for approximately 70 youth from detention and secure care. They also enjoyed an overnight campout. It was a unique experience for a secure facility.

The youth and staff of Slate Canyon want to thank Roy Peterman and Daniel Evans of Brigham Young University for their hard work, efforts, dedication and commitment to the youth.

## Make That Commuter Breakfast A Healthy One

For busy morning commuters, fitting breakfast into the schedule can be tough. And while driving and eating is a recipe for fender-benders, many people either have to do it or go hungry. Try this:



1. Pass up the drive-through.
2. Bring along your breakfast from home.
3. Store healthy non-perishables, such as breakfast bars and packages of dried fruit, in your car.
4. Avoid fat- and calorie-laden foods that are easy to grab.
5. If you've left the house without breakfast, buy a banana and yogurt.
6. Get a mini-cooler or cooler lunch bag so you can have healthy perishables in the car.

—Adapted from *Intelihealth.com* by *Healthy Utah*

## The Human Touch

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